



Program Schedule 2009

Salt Lake County

March 5 – April 9, 9:30-11:30 am
Midvale Senior Center
655 W Center St, Midvale

This in-depth program teaches skills needed to better manage arthritis, fibromyalgia, or a related condition -- and covers ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise.

Register today by phone or online.
Arthritis Foundation, Utah/Idaho Chapter
801-536-0990/800-444-4993
www.arthritis.org

Revised 2-5-09



Program Locations 2009

Salt Lake County

Atria Senior Living Group	572-4456
Friendly Neighborhood Center	468-2781
Columbus Senior Center	412-3297
Cottonwood Creek Retirement	263-0999
Coventry at Cottonwood Heights	943-5858
Draper Senior Center	572-6342
Kearns Senior Center	965-9183
Mt. Olympus Senior Center	424-0621
Tenth East Senior Center	538-2084
Wentworth at Cottonwood Heights	943-3909
Wentworth at Draper	523-9393
Westside Sunday Anderson Senior Center	538-2092

San Juan County

Bluff Senior Center	672-2390
Monticello Senior Center	587-2401

Washington County

Hurricane Senior Center	635-2089
St. George Senior Center	634-5743

This low-impact, joint-safe, exercise program helps decrease arthritis pain and relieve stiffness. Led by Arthritis Foundation certified instructors.

To join a class, simply call the facility.
Times & fees vary per location.

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Program Locations 2009

Salt Lake County

Hartvigsen Pool, South SLC	646-4587
Holladay-Lion's Fitness Center	424-0621
Mountainland Rehab-Sandy Regional	562-0066
The Orthopedic Specialty Hospital (TOSH) in Murray	314-4046
University Orthopaedic Center	587-7005

Utah County

American Fork Fitness Center	763-3084
Orem Fitness Center	229-7154
Central Utah Wellness Clinic	812-5400

Davis County

Lakeview Physical Therapy	295-5416
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Summit County

Park City Aquatic Center	645-5617
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Sanpete County

Gunnison City Pool	528-7126
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Millard County

East Millard Swimming Pool	743-6269
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Iron County

SUU Aquatic Center	586-5431
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Washington County

Mountainland Rehab-Sterling Court	674-1269
Sand Hollow Aquatics Center	634-5938

This warm-water recreational program includes range-of-motion exercises, strengthening exercises, and optional endurance exercises.

To join a class, simply call the facility.
Times & fees vary per location.

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